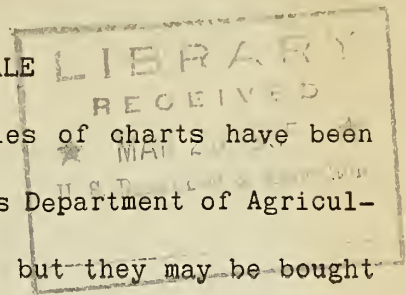


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Meat cooking charts. 1934. Set of 7 black and white charts, each 20x30 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 50 cents.

Contents: 1. Do you know meat cuts and cook according to the cut? 2. Roasting a tender cut. 3. Stuffing low-priced tender roasts. 4. Broiling tender steaks and chops. 5. Pot-roasting a less-tender cut. 6. Braising a less-tender steak. 7. Ground meat in savory ways.

Composition of food materials. 1916. Set of 15 colored charts, each 20x28 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, \$1.00.

Contents: 1. Milk and milk products. 2. Eggs and cheese. 3. Meat fresh and cured. 4. Fish, fish products, and oysters. 5. Butter and other fat-yielding foods. 6. Cereal grains. 7. Bread and other cereal foods. 8. Sugar and similar foods. 9. Roots and succulent vegetables. 10. Legumes and corn. 11. Fresh and dried fruit. 12. Fruit and fruit products. 13. Nuts and nut products. 14. Composition, functions, and uses of food. 15. Dietary standards.

(over)



Food selection and meal planning. 1921. Set of 8 black and white charts, each 23x18 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 50 cents.

Contents: 1. A week's supply of food for an average family. 2. A week's supply of vegetables and fruits for an average family. 3. A week's supply of milk, meat, and similar foods for an average family. 4. A week's supply of cereal foods for an average family. 5. A week's supply of sugar and other sweets for an average family. 6. A week's supply of fat and fat foods for an average family. 7. Counting the cost of a week's food supply. 8. Figures for estimating food supplies for individuals and for families differing from the average.

100-calorie portions of a few familiar foods. 1923. 1 chart 24x17 inches showing pen and ink sketches of 20 foods. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C. 10 cents.

The convenient kitchen. 1927. Set of 8 black and white charts, each 16x20 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set 50 cents.

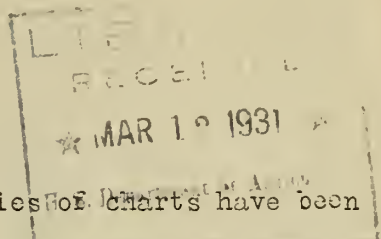
Contents: 1. Introductory. 2. Light and ventilation. 3. Walls, floors, and woodwork. 4. The large kitchen made convenient. 5. Group 1 - Food preparation center. 6. Group 2 - Cooking center. 7. Group 3 - Serving center. 8. Group 4 - Clearing away center.

Household refrigeration. 1929. Set of 6 black and white charts, each 16x21 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 20 cents.

Contents: 1. Using the temperatures in a good refrigerator. 2. Be sure milk and meat are placed in coldest section. 3. Care of meat in the home. 4. Cold checks bacterial growth. 5. Use enough ice. 6. Save food--not ice. Do not wrap your ice.

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The food selection and meal planning and 100-calorie portion charts can be colored with crayons or water colors, making them much more attractive for use in lectures or for general display. The art department in the school or college is often glad to cooperate in this.

Nutrition. 1929. Set of 9 black and white charts, each 15x23 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 50 cents.

Contents: 1. Growth is an index of nutrition. 2. Growth may be controlled by diet. 3. Bone growth may be stunted by diet. 4. Protein in the diet. 5. Calcium in the diet. 6. Phosphorus in the diet. 7. Vitamin A in the diet. 8. Vitamin B in the diet. 9. Vitamin C in the diet.

Composition of food material. 1916. Set of 15 colored charts, each about 24x18 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, \$1.00.

Contents: 1. Milk and milk products. 2. Eggs and cheese. 3. Meat fresh and cured. 4. Fish, fish products, and oysters. 5. Butter and other fat-yielding foods. 6. Cereal grains. 7. Bread and other cereal foods. 8. Sugar and similar foods. 9. Roots and succulent vegetables. 10. Legumes and corn. 11. Fresh and dried fruits. 12. Fruits and fruit products. 13. Nuts and nut products. 14. Composition, functions, and other uses of food. 15. Dietary standards.

Food selection and meal planning. 1921. Set of 8 black and white charts, each about 18x23 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 50 cents.

Contents: 1. A week's supply of food for an average family. 2. A week's supply of vegetables and fruits for an average family. 3. A week's supply of milk, meat, and similar foods for an average family. 4. A week's supply of cereal foods for an average family. 5. A week's supply of sugar and other sweets for an average family. 6. A week's supply of fat and fat foods for an average family. 7. Counting the cost of a week's food supply. 8. Figures for estimating food supplies for individuals and for families differing from the average.

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